



# Optimizing Brain Health

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Early signs of cognitive decline are often missed until it's too late.<sup>1</sup> Symptoms such as forgetfulness, confusion, unpredictable moods, lack of energy and poor sleeping habits are often overlooked or attributed to stress. Ignoring these key warning signs can lead to difficulty maintaining an active, independent lifestyle and decrease quality of life.



**DISCOVER PRACTICAL INSIGHTS TO HELP YOU DEVELOP  
DAILY STRATEGIES FOR OPTIMIZING YOUR BRAIN  
FUNCTION AND OVER ALL HEALTH AND WELL-BEING.**

## Eliminate Toxic Exposure

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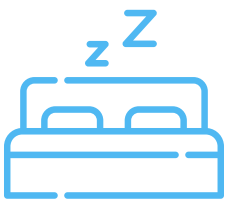


Environmental toxins, pesticides, and heavy metals can impact metabolism, nutrient absorption, detoxification, organ function and cognition.<sup>2,3,4</sup> Reducing your daily exposure to common household toxicants may decrease the occurrence of various health issues.

Choose an organic, whole-food diet that is free of pesticides, glyphosate, and GMO crops. Drink clean, filtered water and eliminate plastic water bottles, aluminum foil, and non-stick cookware. Avoid personal hygiene products and cleaning supplies that contain aluminum, phthalates, parabens, and synthetic fragrances.<sup>5,6</sup> Check your home for leaks, water damage, and toxic mold growth.

## Create a Sleep Sanctuary

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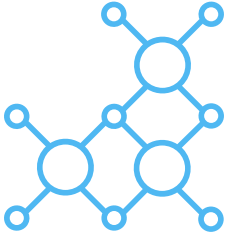
Maintaining balanced circadian rhythm is vital for optimal health. Your pineal gland produces melatonin in the presence of darkness, causing you to feel drowsy and fall asleep. In contrast, exposure to bright light and the absence of darkness at bedtime inhibits the release of melatonin into the blood stream, resulting in less sleep and poor sleep quality.

Avoid blue-light exposure from electronic devices two hours prior to bedtime. Turn off your smartphone, tablet, or other electrical devices and choose a battery-powered alarm clock to reduce overnight EMF exposure. Ensure that your bedroom is dark, with little to no ambient light and take [\*\*BioPure Liposomal Melatonin Phospholipid\*\*](#) to help support normalized sleep patterns and feel refreshed and rejuvenated each morning.\* For additional EMF protection, sleep in [\*\*BioPure e-Smog™ Anti-Wave Clothing\*\*](#). These garments contain 2% pure silver content and shield the body from a range of radiation exposure between 30 kHz to 3 GHz.



## Nourish Cell Membranes and Support Acetylcholine Production

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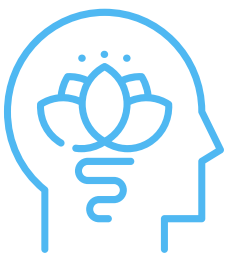


Each cell in your body is surrounded by a semi-permeable cell membrane that is made of a phospholipid complex called phosphatidylcholine. The cell membrane protects the cell from its environment and regulates the transport of nutrients and other substances into and out of the cell. Phosphatidylcholine is also a precursor to acetylcholine, the neurotransmitter linked to memory, cognition and movement.<sup>7</sup> Nourishing your cell membranes with supplemental phosphatidylcholine may enhance optimal immune and neurological health.<sup>8</sup>

Support healthy cell membranes and acetylcholine production with **BioPure LipoSorb™**. Each 5 ml serving contains 700 mg of nanonized phosphatidylcholine that is quickly absorbed, increasing efficacy and bioavailability.\*

## Support Mental Acuity

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What is mental acuity? It is the speed and accuracy at which your brain processes information. Steady focus, accurate recall of information and quick decision-making skills are key indicators that your mental acuity is intact. Enhance your cognition and memory with **BioPure Brain Tincture™**. This unique formulation contains a proprietary blend of Ginkgo leaves (*Ginkgo biloba*), Rosemary (*Rosmarinus officinalis*) and Bacopa (*Bacopa monnieri*) extracts. These three herbs have been used historically to enhance mental acuity, promote circulation and contain antioxidant properties that support overall brain health.\* <sup>9, 10, 11</sup>



Maintain optimal brain health and support over-all health and well-being.



## BioPure Liposomal Melatonin

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Support normalized sleep patterns and feel refreshed and rejuvenated each morning.\*

[LEARN MORE](#)



## BioPure Anti-Wave Clothing

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2% pure silver content shields the body from a range of radiation exposure between 30 kHz to 3 GHz.\*

[LEARN MORE](#)



## BioPure LipoSorb

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Nourish cell membranes and enhance immune and neurological health.

[LEARN MORE](#)



## BioPure Brain Tincture

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Enhance memory and cognition, promote circulation and support overall brain health.

[LEARN MORE](#)





**Our goal at BioPure® is to create an unparalleled culture of authenticity. We offer the highest quality nutraceutical supplements, formulated from the purest raw ingredients.**

**[WWW.BIOPUREUS.COM](http://WWW.BIOPUREUS.COM)**

**\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

## **Resources**

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